

ABSTRACT

Title: Overweight and Obesity - The Possibility of Non-pharmacological Influence

The problem definition: Problems with overweight and obesity are related to a growing number of people mainly due to bad lifestyle. Because of this increase is necessary to give this issue much attention. Primarily of lifestyle modification can affect the disease or prevent it without using pharmacological means.

The aim of the thesis: The goal is to give a comprehensive insight into the fundamental possibilities of influencing overweight and obesity without the use of pharmacological means.

Method: Information will be obtained by studying domestic and foreign literature and internet resources dealing with this issue. Results of the study will be submitted in the form of research.

Key words: Overweight and obesity, lifestyle, nutrition, movement